

### ABSTRACT OF THE DISCLOSURE

A washer has a body having an axis and provided with a first bearing face surface located at one axial side and adapted to cooperate with a nut, a second bearing face surface located at an opposite axial side and adapted to cooperate with an object, at least one third turning resistant surface adapted to cooperate with a thread of the bolt, the body having at least one resistive point arranged so that when the nut is turned and turns the bolt the body of the washer stops the bolt from turning and thereby the nut creates a pull on the bolt which elongates the bolt in an axial direction and applies to the body of the washer an axial force which overcomes the at least one resistive point so that a portion of the body of the washer is allowed to be pulled axially when the bolt elongates.